

ANCHOR WATCH



March - April 2015

NIOC Maryland
Sailors go to sea

..... And the Command
observes National
Women's History
Month

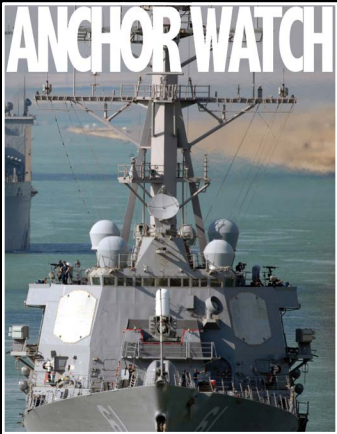
Looking for something to pass the time when you're bored? Check out the Navy's new mobile game, "Pier Pressure." Visit your iTunes or Google Play app store to download now, and post your high score in the comments below!



Link: <http://www.youtube.com/watch?v=njBi3GCLpbk&feature=youtu.be>

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ANCHOR WATCH
In its 41th year of production
March - April 2015
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Navy's 1st Female Cyber Warrant Officer

Story by MC2 (SW/AW/IDW) David R. Finley, Jr.

In honor of Women's History Month, All Hands Magazine recognized newly commissioned CWO2 Rachel Doucet, who was selected as the Navy's first female Cyber Marrant Officer! Doucet was commissioned at her local Crossfit gym, combining her passion for fitness with her love for the Navy.

Chief Warrant Officer (CWO) 2 Rachel Doucet, assigned to Navy Information Operations Command Norfolk, originally enlisted in the Navy to see the world and experience life outside a small Missouri town. Fifteen years after enlisting she has made a lasting impact in the Information Dominance Community and the Navy.

In December, Doucet was commissioned as the Navy's first female Cyber Warrant Officer.

"I just wanted to keep succeeding," said Doucet. "I've always felt that Sailors should be preparing for the next step in their careers, whether that is senior chief, CWO2, or transitioning into the civilian arena."

In addition to being the Navy's first female cyber warrant officer, she also holds the distinction as the first IT to be accepted into the program since its expansion last year to include the IT rating.

"I am honored to lead the way for ITs and females pursuing cyber careers," said Doucet. "Being the first IT selected will bring hope and direction to those pursuing this path."

Doucet said she is ready for the challenge ahead as a Chief Warrant Officer.

"I am passionate about communication, relying on one another, and teamwork," said Doucet. "I plan to incorporate these traits, leverage my background experience as an IT, and my education to guide our Sailors and the mission."

"The cyber domain is constantly evolving," continued Doucet. "We must continue to specialize in this realm while leaning on our technical and professional Sailors. Most importantly, we need to reach out and share our resources and information where we can to support the Navy's various missions."



NATIONAL

Women's History MONTH

JOURNAL

WEAVING
OF the Stories
WOMEN'S LIVES

PASSPORT

SOME LEADERS ARE BORN WOMEN

VOTES FOR WOMEN

THE WAR IN IRAQ

United States of America

NO UNDER THE WAR IS POWERFUL END THE WAR?

THE GREATEST MARCH

Idea B. Jones, R.T.L.
Cleveland, Let
Mrs J.
R.T.L.

ABILITY
DO NOT
US AIR MAIL

POSTAGE

WAR IN IRAQ

During Women's History Month, we recognize the stories of struggles—and victories—of the women who have helped make our country what it is today.

A portrait of a woman with dark skin, wearing a white headscarf and a blue dress. She is looking slightly to the left. The background is dark.

Elizabeth Freeman becomes the first African American woman to win her way out of slavery through the courts. When the state Supreme Court upholds her freedom, the ruling is considered to have informally ended slavery in the state of Massachusetts.



Anne Catherine Hoof Green takes over her late husband's printing and newspaper business, becoming the first American woman to run a print shop. The following year, she is named the official printer for the colony of Maryland.



Fifty-one women, led by Penelope Barker, sign the Edenton Proclamation vowing to give up tea and boycott other British products. The Edenton Tea Party is one of the first instances of political action by women.



Mary Katherine Goddard becomes the first woman postmaster in the country (in Baltimore) and becomes the first printer to offer copies of the Declaration of Independence that include the signers' names.



Deborah Sampson Gannett, disguised as a man, enlists in the 4th Massachusetts Regiment as Robert Shurtleff. She is one of many women who fight in the American Revolution.



Judith Sargent Murray publishes her essays "*On the Equality of the Sexes*" and "*On the Domestic Education of Children.*" Her essays focus on women's education and how men and women should have equal value.



Hannah Slater receives the first U.S. patent granted to a woman. Her invention, a type of cotton thread, helps her husband build a successful textile business.



Anne Parrish founds the House of Industry, which provides employment to poor women. It is the first American charitable organization operated by women for women.



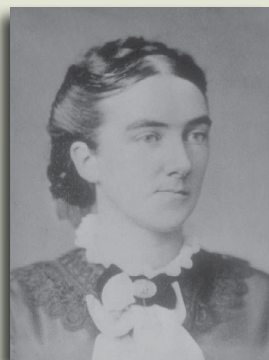
American Indian Sacagawea, whose husband is a member of the Lewis and Clark Expedition, serves as a guide and interpreter for the group.



During the War of 1812, Mary Marshall and Mary Allen serve as nurses for several months aboard the *USS United States* at the request of Commodore Stephen Decatur.



Harriet Tubman escapes from slavery. By the outbreak of the Civil War, she will return to the South some 19 times and rescue more than 300 slaves.



Ellen Swallow Richards is admitted to the Massachusetts Institute of Technology. She becomes the first female professional chemist in the United States.



Mary Elizabeth Bowser, a free African American woman disguised as a slave, begins spying for the Union Army. She becomes the most critical espionage agent in the Civil War.



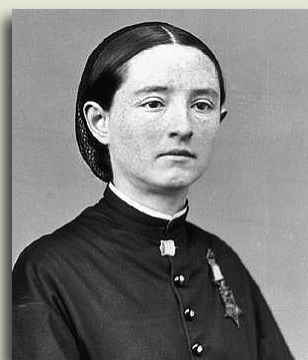
Mercy Otis Warren publishes her influential *History of the Rise, Progress, and Termination of the American Revolution*. She draws on personal knowledge of the prominent figures of the time that included John and Abigail Adams, Thomas Jefferson, and Samuel Adams.



The Women's Rights Convention has its inaugural meeting in Seneca, N.Y. After two days of debate, 68 women and 32 men sign the Declaration of Sentiments. It outlines grievances and sets the agenda for the women's rights movement.



Elizabeth Blackwell receives her medical degree and becomes the first woman doctor of medicine in the United States.



Women serve as hospital administrators, nurses, and cooks in both Union and Confederate battlefield hospitals. Dr. Mary Walker becomes the only woman to be awarded the Medal of Honor.



Anna Howard Shaw, a former National American Woman Suffrage Association president, heads the Women's Committee of the Council of National Defense. This body coordinates women's patriotic activity in support of the war effort.



Amelia Earhart becomes the first woman to fly solo across the Atlantic, traveling from Harbor Grace, Newfoundland, to Ireland in approximately 15 hours.



Katherine Sui Fun Cheung becomes the first Asian-American woman to earn her pilot's license.



More than 310,000 women take jobs in the aircraft industry. Government marketing urges women to join the labor force for the duration of World War II.



Jerrie Cobb is the first woman in the U.S. to undergo astronaut testing. NASA, however, cancels the women's program. It is not until 1983 that an American woman gets sent into space.



The U.S. government reports that 1.4 million women work in war industries. After World War I, these women are forced out of industrial work.



Anthropologist Margaret Mead publishes *Sex and Temperament in Three Primitive Societies*, challenging Western assumptions about gender relations.



The military creates women's branches in each of the armed services. Close to 350,000 women serve in the WAVES (Navy), WACS (Army), SPARS (Coast Guard), MCWR (Marines), and WASP (Air Force).



Mary G. Ross becomes the first female engineer at Lockheed's Missiles Systems Division and the first known American Indian woman to be an engineer. She later advocates for women and American Indians to study engineering and mathematics.



Oveta Culp Hobby becomes the first woman to serve as a Secretary of Health, Education and Welfare. She is also the first director of the Women's Army Auxiliary Corps and the first woman to receive the U.S. Army Distinguished Service Medal.

1900s Continued



During the Vietnam War, over 7,000 women serve, mostly as nurses, in all five divisions of the military.



The U.S. Merchant Marine Academy amends its admission requirements and becomes the first federal service academy to enroll women students, two years ahead of Army, Navy, Air Force, or Coast Guard.



Sandra Day O'Connor is sworn in as the first female Supreme Court justice.



Wilma Mankiller becomes the first woman chief of the Cherokee Nation.



Astronaut and astrophysicist Sally Ride becomes the first American woman and youngest astronaut in space aboard the space shuttle Challenger.



Sheila Widnall becomes the first female secretary of a branch of the U.S. military when she is appointed to head the Air Force.



Nancy Ruth Mace is the first female cadet to graduate from the Citadel, a formerly all-male military school.



Dr. Peggy Whitson, an American astronaut, becomes the first woman to command the International Space Station.

2000s



Captain Kathleen McGrath becomes the first woman to command a U.S. Navy warship.



Colonel Linda McTague becomes the first woman commander of a fighter squadron in U.S. Air Force history.

2000s



Michelle Obama becomes the first African-American first lady. She is an advocate for poverty awareness, nutrition, and healthy lifestyle.



Sonia Sotomayor is the first Hispanic-American woman to become a U.S. Supreme Court Justice.



Vicki L. Ruiz becomes the first Latina historian inducted into the American Academy of Arts and Sciences.



Janet Louise Yellen is an American economist. She serves as the Chair of the Board of Governors of the Federal Reserve System, the first woman to hold the position.



Navy Admiral Michelle Howard becomes the first African American woman to attain four-star rank in U.S. military history.



Six female soldiers pass the Army pre-Ranger course at Fort Benning, Ga., making them the first women who can attend the U.S. Army Ranger School.

These women—along with many others whose contributions remain unknown—wrote profoundly important chapters in American history.

Their impact on America continues in a myriad of areas, including history, education, entertainment, literature, science, sports, politics, culture, and the military.

There is power in hearing women's stories, both personally and in a larger context. Accounts of the lives of individual women are critical because they reveal exceptionally strong role models who share an expansive vision of what women can do and have accomplished.

Moreover, their efforts have placed today's young women in a historically exceptional position, where they are better empowered to ensure the equal treatment of not only women, but all individuals.

"In the end all women and all men can only benefit from the more truthful and balanced image of women which will emerge from history where they are shown to have been actively involved in shaping their own destiny and that of the country."

— Eleanor Flexner
2015 National Women's
History Month Honoree

Famous Navy Quotes

Who Said Them and When



"...without a Respectable Navy, Alas America!"

Captain John Paul Jones, 17 October 1776, in a letter to Robert Morris.

"I have not yet begun to fight!"

Captain John Paul Jones said this during the famous battle between Bonhomme Richard and Serapis on 23 September 1779. It seems that some of Jones' men cried for surrender, but not John Paul Jones. Captain Richard Pearson of Serapis asked Jones if he had surrendered. Jones uttered the immortal words: "I have not yet begun to fight!" So, at least, Lt. Richard Dale later recalled.

"I wish to have no Connection with any Ship that does not Sail fast for I intend to go in harm's way."

Captain John Paul Jones, 16 November 1778, in a letter to le Ray de Chaumont.

"It follows then as certain as that night succeeds the day, that without a decisive naval force we can do nothing definitive, and with it, everything honorable and glorious."

President George Washington, 15 November 1781, to Marquis de Lafayette.

"Don't give up the ship!"

Tradition has it that Captain James Lawrence said these heroic words after being mortally wounded in the engagement between his ship, the U.S. frigate Chesapeake, and HMS Shannon on 1 June 1813. As the wounded Lawrence was carried below, he ordered "Tell the men to fire faster! Don't give up the ship!"

Although Chesapeake was forced to surrender, Captain Lawrence's words lived on as a rallying cry during the war. Oliver Hazard Perry honored his dead friend Lawrence when he had the motto sewn onto the private battle flag flown during the Battle of Lake Erie, 10 September 1813.

"We have met the enemy and they are ours..."

Oliver Hazard Perry's immortal dispatch to Major General William Henry Harrison after the Battle of Lake Erie, 10 September 1813, "We have met the enemy and they are ours-- two ships, two brigs, one schooner and one sloop." The victory secured the Great Lakes region for the United States and ended the threat of invasion from that quarter.

"Damn the torpedoes, Full speed ahead!"

Admiral David Glasgow Farragut (1801-1870). Aboard Hartford, Farragut entered Mobile Bay, Alabama, 5 August 1864, in two columns, with armored monitors leading and a fleet of wooden ships following. When the lead monitor Tecumseh was demolished by a mine, the wooden ship Brooklyn stopped, and the line drifted in confusion toward Fort Morgan. As disaster seemed imminent, Farragut gave the orders embodied by these famous words. He swung his own ship clear and headed across the mines, which failed to explode. The fleet followed and anchored above the forts, which, now isolated, surrendered one by one. The torpedoes to which Farragut and his contemporaries referred would today be described as tethered mines.

"You may fire when you are ready Gridley."

Commodore George Dewey, 1 May 1898, at the Battle of Manila Bay during the Spanish-American War. The American squadron entered Manila Bay and took fire from the Spanish fleet, anchored under the guns of Cavite, for half an hour until in the position Dewey wanted. Then Dewey addressed his order to Charles Gridley, captain of Dewey's flagship Olympia.

"A good Navy is not a provocation to war. It is the surest guaranty of peace."

President Theodore Roosevelt, 2 December 1902, second annual message to Congress.

"A powerful Navy we have always regarded as our proper and natural means of defense; and it has always been of defense that we have thought, never of aggression or of conquest. But who shall tell us now what sort of Navy to build? We shall take leave to be strong upon the seas, in the future as in the past; and there will be no thought of offense or provocation in that. Our ships are our natural bulwarks."

President Woodrow Wilson, 8 December 1914, An Annual Message to Congress.

"Praise the Lord and pass the ammunition!"

Lieutenant Howell Maurice Forgy, USN (ChC), serving in the heavy cruiser USS New Orleans (CA-32) during the Japanese attack on Pearl Harbor on 7 December 1941, is credited with coining the phrase. Lieutenant Forgy saw the men of an ammunition party tiring as they labored to bring shells to the antiaircraft guns. Barred by his non-combatant status from actively participating in keeping the guns firing, Lieutenant Forgy decided that he could add his moral support to the ammunition bearers through words of encouragement, and so patted the men on the back and said, ***"Praise the Lord and pass the ammunition!"***

His words were later popularized in a song written by Frank Loesser and performed by Kay Kyser and his orchestra.

"Sighted Sub, Sank Same."

Message sent by an enlisted pilot, AMM 1/c Donald Francis Mason, on 28 January 1942. Mason believed that he had sunk a German U-boat off Argentia, Newfoundland.

"Take her down!"

Commander Howard Walter Gilmore, desperately wounded and unable to climb back into his submarine, USS Growler (SS-215), in the face of an approaching Japanese gunboat 7 February 1943.

"The battle of Iwo Island [Jima] has been won. The United States Marines, by their individual and collective courage, have conquered a base which is as necessary to us in our continuing forward movement toward final victory as it was vital to the enemy in staving off ultimate defeat.... Among the Americans who served on Iwo Island, uncommon valor was a common virtue."

Fleet Admiral Chester W. Nimitz, 17 March 1945.

"For in this modern world, the instruments of warfare are not solely for waging war. Far more importantly, they are the means for controlling peace. Naval officers must therefore understand not only how to fight a war, but how to use the tremendous power which they operate to sustain a world of liberty and justice, without unleashing the powerful instruments of destruction and chaos that they have at their command."

Admiral Arleigh Burke, CNO, 1 August 1961, Change of Command address at Annapolis, MD

"The Navy has both a tradition and a future--and we look with pride and confidence in both directions."

Admiral George Anderson, CNO, 1 August 1961.

"Events of October 1962 indicated, as they had all through history, that control of the sea means security. Control of the seas can mean peace. Control of the seas can mean victory. The United States must control the seas if it is to protect your security...."

President John F. Kennedy, 6 June 1963, on board USS Kitty Hawk.

"I can imagine no more rewarding a career. And any man who may be asked in this century what he did to make his life worthwhile, I think can respond with a good deal of pride and satisfaction: 'I served in the United States Navy.'"

President John F. Kennedy, 1 August 1963, in Bancroft Hall at the U. S. Naval Academy.



Self-care app for sexual assault survivors in the military

for iOS and Android



Anonymous support for sexual assault survivors in the military

safehelpline.org | 877-995-5247

About DoD Safe Helpline

DoD Safe Helpline is a crisis support service specially designed for members of the DoD community affected by sexual assault. Safe Helpline staff provide live, one-on-one support to survivors and family. All helpline services are confidential, anonymous, secure, and available worldwide, providing survivors with the help they need, anytime, anywhere.

Safe Helpline is operated through a contract with RAINN (Rape, Abuse & Incest National Network) on behalf of DoD. RAINN, the nation's largest anti-sexual violence organization, also operates the National Sexual Assault Hotline (800.656.HOPE and online.rainn.org).

Need to talk? There are five easy ways to get help from DoD Safe Helpline:

Telephone Helpline

Safe Helpline provides live, confidential help over the phone — just call 877-995-5247. The phone number is the same in the U.S. and worldwide via DSN.

Online Helpline

Safe Helpline provides live, confidential, one-on-one help through a secure instant-messaging platform at SafeHelpline.org. The website also contains vital information about recovering from and reporting a sexual assault.

Safe HelpRoom: Chat with Peers

Want to chat with people who have been through a similar experience? Visit the online chatroom at SafeHelpRoom.org. Safe HelpRoom is a secure community of survivors that meet to help each other — regardless of time zone or distance. Visit SafeHelpRoom.org to save a spot at the next discussion.

Self-Care App

Download the Safe Helpline app and create a personalized self-care plan (it's free on iTunes and Google Play). Once you download the app, you can use the self-care plan and exercises whenever you like, even without an internet connection. Your personalized plan will be stored only on your mobile device and will remain completely confidential. You can also use the app to call the telephone helpline for free, from anywhere in the world.

Info by Text

Need to get in touch with a Sexual Assault Response Coordinator? Just text your zip code or installation/base name to 55-247 (in the U.S.) or 202-470-5546 (outside the U.S.), and we will quickly text you back with contact information for the nearest civilian or DoD sexual assault service provider. Message and data rates may apply.

Sexual Assault Survivors in the Military

There is no one “normal” reaction to sexual assault. It can impact you psychologically, emotionally, and physically. These effects can be brief in duration or can last a long time. It can take time to learn how to manage these effects, but with the right support it can happen.

DoD Safe Helpline offers one-on-one, anonymous support to the DoD community, 24 hours a day, 7 days a week, to help you through the healing process. Safe Helpline staff are specially-trained professionals who can provide help via online chat or telephone. Information and referrals are also available at safehelpline.org or by text message.

You can also create a personalized self-care plan with the Safe Helpline app. Download it for free from the iOS and Android app store.

Safe Helpline supports all members of the DoD community, and you can access it from anywhere in the world. All Safe Helpline services are confidential and secure, and the information you provide is not shared with anyone in the military.

Transitioning Service Members

Are you in the process of separating or retiring from military service? Being a survivor of sexual assault and going through the transition process can be difficult. Safe Helpline can help you with the transition process.

We can also connect you with the best DoD, VA and civilian resources to help with mental healthcare, housing, and employment. Use Safe Helpline's Decision Tree to find the right resources for you.



Safe HelpRoom

Join the conversation. Chat with fellow sexual assault survivors in the military.

Talk about issues that are important to you.



A MESSAGE FROM:
Jaime L. Longobardi

LCDR MC USN
Medical Officer, NIOC Maryland
Kimbrough Ambulatory Care Center

This time of year, seasonal allergies hit hard! While I see many patients for the usual symptoms from March to June, I usually have one or two request allergy testing. While a legitimate request, I usually hesitate to order testing because it rarely offers any benefit.

Since then, Claritin, Zyrtec and Allegra were introduced and changed oral allergy treatment. For the first time patients could take antihistamine medications every day and without the usual drowsiness. Symptom relief was a pill away, and people stopped sleeping at their desks.

Let's break it down:

The next advancement in medication was nasal corticosteroid. Like Flonase and Nasacort, these types of medications were often used alone or in conjunction with an oral antihistamine to relieve more difficult symptoms.

Years ago, allergy testing was an important first step before starting allergy shots. Allergy shots were the best treatment in the past and required testing performed by an allergist before this treatment can begin. Today allergy testing is done as a last resort and usually only after a patient insists.

Most recently a nasal antihistamine was developed called Astelin. This medication is used as a third medication to treat the most stubborn allergy symptoms.

Recent advances in medication, to include prescription and over-the-counter meds, have changed our courses of treatment. Today instead of going to an allergist, your primary care manager will prescribe medications to alleviate your symptoms. Only after your symptoms fail to respond will you be given a referral to an allergist.

Only when the doctor has tried several different combinations of the above medications, will your provider refer you to an allergist.

What changed?

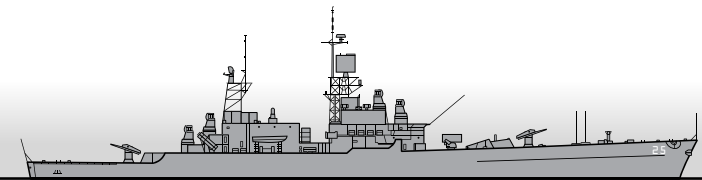
At this point, patients will often ask: "If I can see an allergist for shots, why do I have to wait to take all these medications first?" The answer is simple. If allergy shots worked well, medical professionals would never have looked for another solution. Even with allergy shots, you may still need to take allergy medications every day.

More than 30 years ago the only good treatment for allergies was Benadryl or Atarax. Benadryl, Atarax, and other antihistamines make you drowsy (so much so that Benadryl is the primary ingredient in most over the counter sleep medications) and if you had to take it for allergies you were often so sleepy that you were useless.

At the end of the day, allergies are common and easy to treat. Allergy shots are not the panacea some would have you believe. They are a last resort treatment. So please, take your Allegra and your Flonase as prescribed, and stop all the sniffles!

NIOC MD Announced as Recipient of USS Bainbridge (CGN 25) Award

Story Number: NNS150320-06 Release Date: 3/20/2015 9:08:00 AM
From U.S. Fleet Cyber Command/U.S. 10th Fleet Public Affairs



USS Bainbridge (CGN 25) Award for overall excellence, named in honor of the former nuclear-powered guided-missile cruiser.

FORT MEADE, Md. (NNS) -- Navy Information Operations Command Maryland (NIOC) Maryland was awarded the USS Bainbridge (CGN 25) Award for Overall Excellence in Community Service for 2014, the Navy announced March 17.

"Selection was highly competitive with the winner chosen from a field of 14 outstanding nominees," said Vice Adm. S. H. Swift, Director, Navy Staff, in the official Navy message. "The top four nominees were extremely close, and I extend a special, well done to Camp Lemonnier, Djibouti; USS Constitution; and Naval Air Station Pensacola for receiving honorable mention."

The award recognizes NIOC Maryland for exemplary voluntary community service activities working with local communities.

NIOC Maryland was able to compete for the Bainbridge award after winning four Flagship Regional Community Service Programs (NCSP).

"I'm extremely proud of this achievement and more importantly of the men and women of NIOC Maryland who were directly responsible for the recognition of this award," said Capt. D. E. Elam, commanding officer, NIOC Maryland.

"NIOC Maryland is an example of effective leadership, great organization, good training, and dedicated volunteers coming together to make a difference in our communities where we live and work," said Olivia Hunter, Naval District Washington, Regional Community Service Program Manager.

"Our Sailors understand that while their primary role is to serve and support our Nation's interests at the strategic, operational and tactical levels of warfare, we also have an inherent responsibility to the local community that supports us and our families," Elam said. "It is my hope that in some small way, we are making a positive difference daily for those in and out of uniform."

NIOC Maryland's primary mission is to conduct information operations and to provide cryptologic and related capability to the fleet, joint and national commanders as well as administrative and personnel support to Department of the Navy members assigned to the Fort Meade area. NIOC Maryland is a subordinate command of U.S. Fleet Cyber Command and comprises Task Force 1060 of the U.S. 10th Fleet.

Through the command's committed partnerships with local agencies, NIOC Maryland Sailors greatly improved the lives of more than five and-a-half million members of their local community. Sailors saved more than \$109,000 in manpower cost due to the participation of 1,443 volunteers, which culminated in their receipt of the Presidential Call to Service Award, according to the announcement.

For more news from Commander, U.S. Fleet Cyber Command / U.S. 10th Fleet, visit www.navy.mil/local/FCC/C10F/

The Bainbridge award is presented to only one command, exhibiting overall excellence. The program is designed to recognize the most outstanding community service programs by the individual commands.

The Award Winning Flagships of NIOC Maryland

Every year, NIOC Maryland Sailors and their families devote their talent and thousands of hours improving the lives of members of our community. NIOC Maryland's Community Service Program is structured in accordance with the Navy-wide program and consists of five flagship categories: Campaign Drug Free, Environmental Stewardship, Health Safety and Fitness, Personal Excellence Program, and Project Good Neighbor. Each flagship focuses on diverse channels of community outreach, and relies on NIOC Maryland Sailors, other military volunteers, and their families for their foundation and success.

In recognition of their achievements and contributions, NIOC Maryland has been honored for the first time with the Navy's USS Bainbridge (CGN-25) Award for Overall Excellence in Community Service for Fiscal Year 2014. Thanks to time and talent of our Sailors and their families, NIOC Maryland also just qualified for its second Presidential Call to Service Award. Many NIOC Sailors have also qualified for individual President's Volunteer Service Awards (PVSA) and last year NIOC Maryland's Junior Sailors' Association qualified for a bronze-level group PVSA.

The opportunities to become involved in our community and make a personal and lasting impact in people's lives are extensive. The need for volunteer participation and volunteer leadership is ever present. By utilizing programs and resources provided by NIOC Maryland Community Service Program's five flagships, each Sailor can identify with a particular cause which shares their own interests and effectively gives back to the community.

For more information on any of the flagships and their programs, or to take on a leadership role, look for our all hands e-mails, or check the NIOC Maryland Plan of the Week.

Our Flagships

Campaign Drug Free (CDF) contributes to communities and schools by educating the youth on substance abuse and awareness while promoting a drug-free lifestyle. The keystone program of this flagship is Drug Education for Youth (DEFY). DEFY is a Navy-wide initiative that is considered a pre-emptive prevention program implemented in two phases; a two-week summer camp, followed by a year of mentoring one Saturday a month. DEFY's mission is to raise each student's self-image and teach them to set attainable lifestyle goals emulated from NIOC MD Sailors. The structured curriculum offers education, skill development, and physical fitness.



Environmental Stewardship (ES) encourages the preservation, protection, restoration, and enhancement of our local environment. The flagship operates programs such as Baltimore Blue Water (restoration of rivers, streams, and harbors) and Adopt-A-Highway (non-interstate roadside maintenance), and supports the Anne Arundel County Public School System's environmental literacy program, headquartered at the Arlington Echo Outdoor Education Center. This exciting initiative consists of five distinct programs that influence the lives of Anne Arundel County students from kindergarten through high school.



Health Safety and Fitness (HSF) provides mentorship and instruction to youth sports and recreation programs by supporting the Special Olympics and Sarah's House (which offers emergency and transition housing to homeless families). HSF is also committed to the fight to end hunger in our community. Through the Maryland and Washington D.C. Food Bank and Real Food Farm, this flagship improves the lives of children, hard-working adults, and senior citizens living on low-fixed incomes.



The Personal Excellence Program (PEP) strives to improve scholastic achievement, social and life skills, while guiding the youth to become better educated, healthy, and responsible citizens. PEP offers three nationally recognized programs, Partners in Education, Saturday Scholars, and Read Across America Day. Partners in Education (PIE) is a year-round program in which Sailors volunteer as teacher aides, tutors, as well as library and administrative assistants. Saturday Scholars, a piece of the PIE for eleven years now, is a six-week tutoring session held twice a year during the spring and fall semesters. On March 2nd of every year, Read Across America Day celebrates Dr. Suess' birthday in thousands of schools, libraries and community centers. Both English and Spanish speaking Sailors use this day to engage with local children to promote reading.



Project Good Neighbor (PGN) is an avenue for Sailors to contribute to an improved quality of life in our local community year-round. This flagship incorporates well-established programs such as Habitat for Humanity and Honor Flights. Additionally, PGN regularly supports Happy Helpers for the Homeless, Baltimore VA, Armed Forces Retirement Home, Books International Goodwill, and the Juvenile Intervention Family Independence (JIFI). Contributions include helping hundreds of homeless individuals and at-risk youth, cheering for thousands of veterans as they visit national monuments in Washington, D.C., and sending 75,000 books to schools and communities overseas. Once a year PGN requests Sailors to participate in Wreaths Across America, School Supply Drive, and recently, Tragedy Assistance Program for Survivors (TAPS).

The mainstay event of TAPS is the Good Grief Camp, a yearly event that pairs children of fallen heroes with military mentors. The Good Grief Camp takes place every year over Memorial Day Weekend and volunteers receive training from professional grief counselors before they are paired with a child. Mentors act as companions during scheduled events and trips over the weekend and are encouraged to continue mentorship throughout the rest of the year.



SAIORS TO SEA





In mid March NIOC Maryland Sailors volunteered to go underway for eight days onboard USS Ramage (DDG-61) as part of the NIOC Maryland's "Sailors to Sea" program, March 13-20.

The "Sailors to Sea" program gives Sailors the opportunity to get a feel for life onboard a U.S. Navy surface vessel. While aboard, they attained basic shipboard qualifications and experience the day-to-day operations.

For this trip, they shadowed Sailors from every department and were able to experience first-hand what life is like aboard a Guided Missile Destroyer.

"I didn't quite know what to expect," said Petty Officer Roberto Gonzales. "It was by far the most rewarding experience I've had in the two years since I joined. I know our mission is equally as important on shore duty, but there is something about being out at sea. It's fast paced, hard work, but it's very rewarding!"

NIOC's Sailors were given the opportunity to learn the responsibilities of watchstanders in the Combat Information Center (CIC), Radio, Sonar Control and the Pilothouse. While aboard NIOC's Sailors also volunteered for Food Service Attendant (FSA) duties, attended Basic Damage Control classes, learned Basic 3-M (Maintenance Material Management) fundamentals and observed countless Engineering evolution drills.

"Every Sailor on the ship has different responsibilities that vary from operating a weapon system to cooking food for the crew," said Gonzales. "All the rates aboard seem equally important in completing the mission. It really brings a new meaning to the word camaraderie."

Other drills and training evolutions NIOC Sailors were able to observe included; General Quarters, Small Boat operations, SNOOPIE team drills and an actual underway replenishment alongside USNS Kanawha.

"The experience and knowledge that our Sailors gained from this underway were truly impactful and memorable," said Chief Petty Officer Chaidez. "We are very thankful that USS Ramage was able to support our "Sailors to Sea Program" and we to encourage more Sailors to take advantage of this opportunity."



FCPOA EASTER PARTY

More than 35 children and their families attended the 5th Annual Easter Egg Hunt sponsored by NIOC Maryland's First Class Petty Officer Association (FCPOA).

The event was held at the Burba Lake cottage on Fort Meade on March 15th for all Sailors and their families in the Fort Meade area.

"The purpose of the event was to promote a positive way for Sailors to interact with each other's families," said Event Coordinator Petty Officer 1st Class Natalie Hammond. "It is important that our families know each other. When we deploy, that network can really help hold a family together while giving the support system to the families left behind."

Before the hunt began, the cottage was filled with sounds of laughter and pitter patter of children's feet. They interacted with each during the pre-egg hunt festivities which included light refreshments, crafts, and a special visit from the Easter Bunny!

FCPOA Family and Community events planner Petty Officer 1st Class Ash Fisher brought his three year old son, but the children were not the only ones enjoying themselves. Parents had a great time socializing and interacting as well.

"It's very important to have these social and support networks with your fellow Sailors," said Fisher. "Not only do these events build morale and provide a good time for our families, but they also give us a chance to get to know the people we will likely be working with for our whole careers. There is no better way to build that camaraderie."

Once the hunt began, complete chaos erupted with children sprinting around and filling their baskets with colorful eggs hidden around the cottage. Some of the children found special glitter eggs that gave them prizes after the hunt concluded. The largest of the prizes were two bicycles that were donated from the Fort Meade USO.

"It was a great time for everyone," said Fisher. "All of the children including my three year old son had a fantastic time and that makes it a definite success. We are excited for next year's Halloween, Holiday, and Easter parties which should be even better with more Sailors and their families attending."





SAILOR IN THE SPOTLIGHT

PO1 Mark Hazzard

When did you join the Navy? Why Navy? Did you have influences?

"I joined the Navy two months after graduating high school in July of 2006. I joined primarily because I didn't have the desire to go to college, and my grandfather and father are both Navy veterans."

How did your friends and family respond to your decision?

"My dad was thrilled. I had a brother in the Marines and another in the Coast Guard at the time, so it made him even more proud of me. My mom, on the other hand, wasn't as happy to see her youngest son go the military route."

Are you happy with your rate, Damage Controlman?

"I love my rate. Firefighting has always been one of my biggest interests. I didn't have the money to attend a civilian firefighting academy, so this was a way of combining both my firefighting passion and my family's military tradition. Plus, with the last name Hazzard, there isn't a more perfect rate than Damage Control!"

What ships have you served on? Which one was your favorite?

"I've served on two ships: USS THEODORE ROOSEVELT (CVN-71) and USS DONALD COOK (DDG-75). By far, my favorite was the Donald Cook. I found the smaller crew of a Destroyer was more fun, and it was easier to get things done. I literally knew every Sailor on board. It was also a great way for me to make a name for myself while growing in my rate and as a leader."

What has been your favorite part of being a Sailor?

"My favorite part of being a Sailor has easily been getting to know the wide variety of people that put on the uniform every day. I try to learn something from every person that I meet, ranging from how to solve a problem to how to be a better human being."

What have you learned while in the Navy?

"Honestly, I've learned so much from different people throughout my career that it's really hard to say. If I had to narrow it down to one, I think the most important is not one individual is bigger than the joint effort of the team, no matter what role you have in that effort."

When you feel homesick how do you keep in touch with your friends and family?

"I've grown to be less and less homesick over the years, but my family and I still stay close through texting and Facebook. I try to make it a point to go home at least once a year as well."

What do you do in your free time outside work?

"Outside work I'm usually spending time with my girlfriend, going to the gym, or seeing what the Maryland-DC area has to offer. I have a 13-month old Siberian Husky named Miley who keeps me on my toes, and I'm also attending college to work towards my Bachelor's degree in Accounting."

What are a few of your short/long term goals?

"Professionally, my goal is to make Chief, but academically I'd like to finish my degree before I transfer to sea duty. Personally, my main goal is getting engaged. I already have the blessing of my girlfriend's --family and the accountant in me is already working on how to afford the ring that she deserves. Fingers crossed she says "yes!"

